

# Hot Dogs and Apple Pie:

## *All-American Foods Made Healthy*

The typical American diet is heavily weighted toward high-fat, high-calorie fare. There's a reason for that... it tastes good. Unfortunately, removing fat often removes the taste — and with it the chance of becoming a regular item in your diet.

Don't despair; there are plenty of great-tasting, lower-calorie all-American meals for back yard barbecues and family get-togethers.

### ***Apple Pie With Crumb Topping***

*Preparation time:*  
50 minutes

*Makes:*  
10 servings

Mom's apple pie has never tasted so good and has never been better for you in this version with only 6 grams of fat, no cholesterol, and just 233 calories in a slice (sorry, if you add a scoop of ice cream, all bets are off).

6 Golden Delicious apples, peeled, cored, and sliced thin

1/4 cup sugar

1 teaspoon cinnamon

1/4 teaspoon nutmeg

1 9-inch prepared shortbread pie crust

Topping:

1/2 cup brown sugar

1/2 cup flour

1/2 teaspoon ground nutmeg

3 tablespoons soft margarine

Preheat oven to 400°. Combine apples with sugar and spices in a mixing bowl. Pour into the shortbread crust. Mix ingredients for the topping until crumbly, then sprinkle evenly over the apples. Bake for 35 minutes or until filling is bubbly, then transfer to a wire rack to cool.

### ***Brownie Banana Split***

*Preparation time:*  
15 minutes

*Makes:*  
12 servings

This all-American treat is a big hit at birthday parties for kids of all ages.

5-ounce envelope brownie mix  
(for 9-inch square pan)

2 tablespoons vegetable oil

4 tablespoons skim milk

Nonstick cooking spray

4 bananas

1 cup strawberry all-fruit spread

4 cups nonfat vanilla frozen yogurt

Preheat oven to 350°. In a small mixing bowl, combine brownie mix, oil, and milk. Stir by hand for 50 strokes. Transfer batter into a 9-inch square pan that has been sprayed with cooking spray. Bake brownies for 28-30 minutes. Brownies will begin to pull away from the pan when done, but may appear soft in the center. Cool brownies for 30 minutes, then cut into 12 squares. Meanwhile, peel and slice bananas. Microwave fruit spread in a glass measuring cup on high power for 60 seconds. Assemble dessert in individual bowls by layering: 1 brownie square, 1/3 cup frozen yogurt, 1/3 cup fresh banana slices, with 1 1/2 tablespoons warm fruit spread drizzled over the top. Add a candle to make the birthday dessert even more special.



## **15-Minute Bean Casserole**

*Preparation time:*  
15 minutes

*Makes:*  
8 servings

There's nothing more American than a potluck get-together. Now you can bring a great-tasting, healthy dish to pass — and prepare it in only 15 minutes.

16-ounce can pork and beans  
16-ounce can black beans  
16-ounce can pinto or kidney beans, drained  
1/2 cup diced lean ham, smoked turkey, or Canadian bacon

2 tablespoons dried onion  
1/2 cup chunky no-added-salt salsa

Combine ingredients in a casserole dish and stir to blend. Cover and microwave on 70% power for 7 minutes, stopping to stir once. Remove from microwave and broil under low flame for 5 minutes to brown the top of casserole.

## **Garden Pizza**

*Preparation time:*  
40 minutes

*Makes:*  
8 servings

American teenagers could live on pizza (it seems some do). Make your next pizza pie a little healthier with this produce-rich variety.

Nonstick cooking spray  
1 pizza crust mix, prepared according to package directions  
2 cups sliced mushrooms  
1 1/2 cups shredded carrots  
1 cup finely sliced zucchini  
1/2 cup chopped onions  
1 tablespoon vegetable oil  
8 ounces no-added-salt tomato sauce  
1/4 teaspoon garlic  
1/4 teaspoon fennel

1 teaspoon basil  
1 teaspoon oregano  
1 teaspoon brown sugar  
1 cup part-skim mozzarella cheese  
1/2 cup Parmesan cheese

Preheat oven to 425°. Spray a 14-inch round pizza crisper pan with cooking spray. Press prepared crust onto pan. Bake for 14-16 minutes. Meanwhile, sauté mushrooms, carrots, zucchini, and onion in oil over medium heat for 3 minutes. Once crust is prebaked, sprinkle with vegetables, sauce, seasonings, and both kinds of cheese. Bake for 15 more minutes. Remove from oven; cool for 3 minutes before slicing.

## **Red, White, and Blue Salad**

*Preparation time:*  
10 minutes

*Makes:*  
8 servings

No July 4th holiday is complete without this classic salad.

1 cup sliced strawberries  
1 cup blueberries  
1 large banana, sliced  
1 cup white miniature marshmallows  
1 cup nonfat vanilla yogurt

Garnish: 2 tablespoons coconut  
Combine first 5 ingredients in a clear glass salad bowl, using a spatula to gently mix. Garnish the top with coconut and chill or serve immediately.



*Source: ALL-AMERICAN LOW-FAT AND NO-FAT MEALS IN MINUTES*